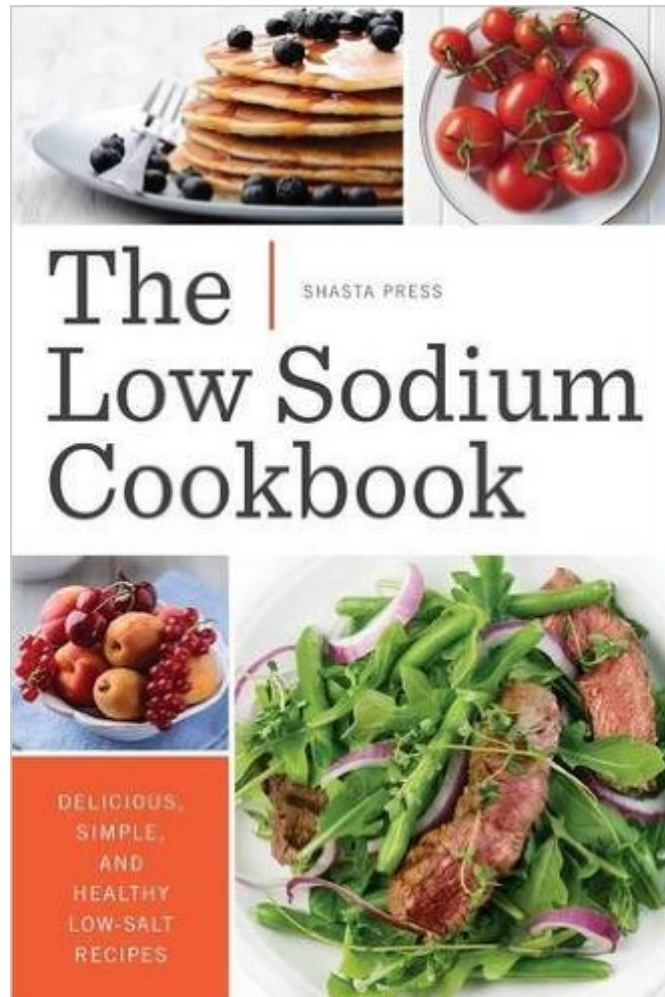


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# Low Sodium Cookbook: Delicious, Simple, And Healthy Low-Salt Recipes



## Synopsis

A low sodium diet does not have to be a flavorless diet. Changing your eating habits can be difficult. The Low Sodium Cookbook offers small changes in your dietary habits that yield big health improvements. A guide to low sodium eating, The Low Sodium Cookbook includes tips for shopping and cooking, and provides delicious recipes for your favorite dishes and comfort foods, so you feel satisfied and fulfilled by your new diet, not deprived. With over 100 easy and delicious recipes, The Low Sodium Cookbook provides nutritious low sodium meals without compromising flavor. The Low Sodium Cookbook includes:

- \* Low sodium versions of classic favorites, such as Heart-Healthful Cobb Salad, Lemony Chicken Noodle Soup, Savory Turkey Meatloaf with Mushrooms, and The Best Oatmeal-Chocolate Chip Cookies
- \* Over 100 delicious and low sodium recipes, including dozens of budget-friendly, easy-to-make, low-fat recipes
- \* Low sodium dietary guidelines, healthful cooking techniques, and tips for shopping, reading food labels, and eating out without overdosing on salt
- \* A 14-Day Low Sodium Meal Plan to help get you started on a low sodium diet

Reducing your sodium intake could save your life. The Low Sodium Cookbook is your complete guide to following a low sodium diet and enjoying delicious heart-healthy recipes.

## Book Information

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## Customer Reviews

Earlier this year I passed a kidney stone. Unbelievable pain. I decided I'd do anything I could do to help prevent another. Sodium intake was one area that could make a difference. I assumed it meant a lifetime of bland food. Fortunately, I discovered this book. After only a few easy-to-prepare recipes like Seared Salmon with Cilantro-Lime sauce, I found it was just the opposite of what I

feared. By substituting herbs and spices like chipotle powder, turmeric and other natural flavor boosters my meals were tastier than before. Trader Joe's 21 Flavor Salute is also a great everyday seasoning. Hopefully, I hope I won't have to face another kidney stone, but at least I won't have to face a lifetime of eating blah food.

While this book has great information, tips and tricks, and easy to follow recipes I am not sure this is the book for me. There wasn't a great deal of variety in the recipes and most of them required a lot of ingredients/steps. Being a working mom with an infant I usually have to keep my recipes quick and simple. I would however recommend this book to someone who has more time to spend in the kitchen or is looking for ways to cut sodium out of their diet. This book is great for those people, just not for me at this time.

As the primary chef in my house, it is up to me to grocery shop and prepare meals. Recently my grandmother was placed on a low sodium diet so I had to search for recipes that not only she would enjoy but my three small children (who are used to heavy seasoning) would enjoy as well. I found The Low Sodium Cookbook, which housed a variety of recipes that we can enjoy. Each recipe shows how to season food with fresh herbs and spices and also gives minimal steps for preparation which is key to managing my household. The kids and my grandmother have made the transition to low sodium eating effortlessly with this book

I am so glad I stumbled across this book and was able to try it out! Really cooking and using less sodium is something I have worried about for years but I have never done anything about it. I cook with a lot of salt in fact I just love the taste of it. It's not good for you and my mother had fluid build up as well as high blood sugar. Now that I am in my 30's I worry about my health a lot more and this book is hands on and full of great meals. Not only great meals but tasty meals! At first I was scared that the food I made wouldn't taste near as good but I was wrong I'm not missing all the salt now. I got this book at no charge in exchange for a honest review. It's very helpful and I love it.

This is a very informative book with everything from explanations to a 14 day meal plan. The book starts with teaching the reader what sodium is and what affect large amounts can have on the body. Then it describes, in detail, why it is so beneficial to maintain a low-sodium diet. This is not only good for people who already have high blood pressure, but it is also useful for people who want to avoid high blood pressure without having to change their entire lifestyle. The 14 day meal plan

cookbook is relatively easy to follow and the ingredients are cheap. I would only note that there are no titles are for the meals being made other than "Breakfast" or "Mid-Morning Snack" or something like that. So you won't know what you are making until it is made.

I love this cookbook! I have more than my share of them already but this is the one I expect I will use most - by choice, even if I didn't need to follow a low-salt diet. I love that the recipes are identified with multiple labels (quick/low-calories/low fat/make ahead/etc) and that the advice on how to live a low-sodium lifestyle is dead-on. Each recipe is clear and easy-to-understand. The Spicy Baked Eggs with Goat Cheese and Spinach is just one of a number of super quick yet impressive breakfasts, and there isn't a dinner recipe that isn't fabulous; just try to resist the turkey cutlets with rosemary and orange glaze or the pork with fig sauce! There is a lot to love about this cookbook " I'm so happy I bought it!

Excellent, Excellent, Excellent read! The amount of time and effort put forth in this delectable book was much appreciated. Those who suffer from hypertension and other high sodium diseases can benefit from the diets discussed in this book and will not feel short-changed in the alternate meal choices. Breakfast, lunch, dinner, sauces, spices and snacks! This book is all-inclusive. I have read many diet books from Atkins to South Beach, but the only true effortless diet is the one that becomes your daily routine. The Low Sodium Diet will help you on your way to changing your lifestyle.

When I was diagnosed with hyper tension and learned how salt creates dangerous levels of pressure inside my heart and veins, it was clear I had to changing my diet -- no easy task. This book makes no bones about the science and system-wide damage too much sodium can cause " what the doctors says too. What I liked is that it also makes the changes I had to make in my diet easier by providing meal plans for two weeks to get things started, tips for how to shop for the right groceries, and recipes that are not all rabbit food: Grilled steak, pan-seared pork medallions and blueberry crisp with coconut topping " this is good stuff.

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